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ABSTRACT

This guide provides an outline of possible course content for a 2-year physical education studies program during years 9 and 10. Teachers will need to supplement the ideas and materials presented in the guide with ideas and information of their own, using the guide as a starting point and resource for developing their own programs. Most of the materials, because of the complexity of language and conceptual level, are not suitable for direct presentation to students. Five units are outlined: (1) physical fitness; (2) social issues in sport; (3) nutrition and athletic performance; (4) skill acquisition; and (5) physical activity options. Each unit contains a list of references. (JD)

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